

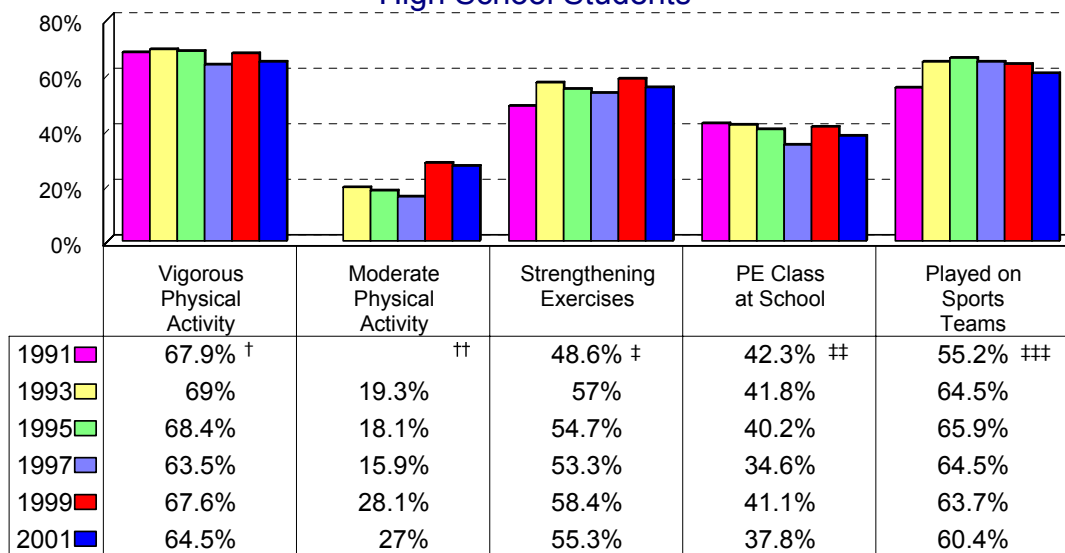
Physical Activity

Regular physical activity can increase life expectancy. Physical activity can also enhance mental health and self-esteem, of particular benefit to adolescents. The Youth Risk Behavior Survey includes questions on intensity, frequency, and duration of exercise; strength training; physical education class; sporting teams; television viewing; and injury due to exercise or sports. Report regular physical activity is characterized as: vigorous -- 20 or more minutes of exercise that causes one to sweat or breathe hard on three or more of the previous seven days, moderate -- 30 or more minutes of exercise that does not cause one to sweat or breathe hard on five or more of the previous seven days, strengthening -- exercise to strengthen or tone muscles on three or more of the previous seven days.

Highlights

- L Figure 1 shows overall physical activity level by the Lancaster County teens. Prevalence of reported physical activity in 2001 showed very little changes since 1999.

Figure 1: Physical Activity*
High School Students



[†] physical activity that made you sweat and breathe hard for at least 20 minutes, on 3 or more of the previous 7 days

^{††} physical activity that did not make you sweat or breathe hard, for at least 30 minutes, on 5 or more of the previous 7 days

[‡] strengthened or toned muscles, on 3 or more of the previous 7 days

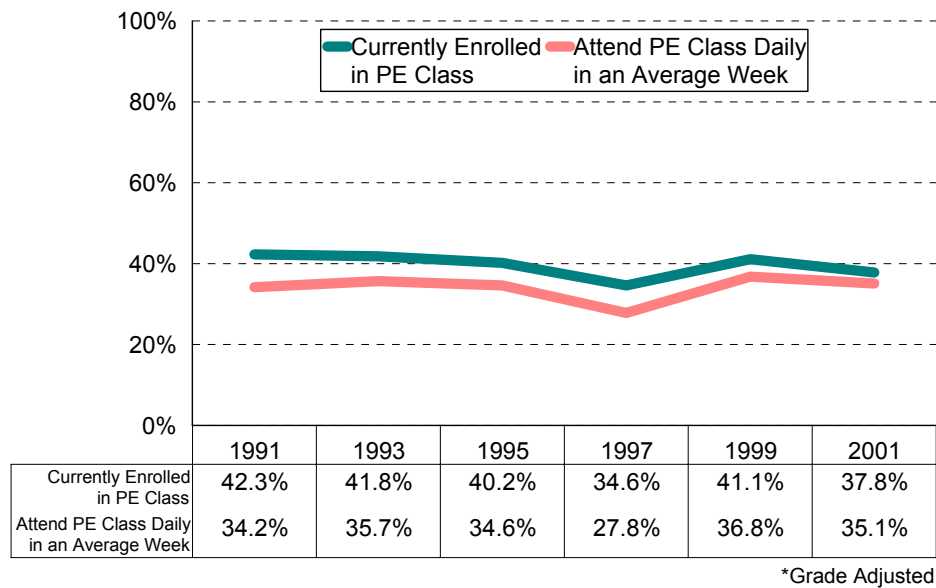
^{††} have physical education class on 1 or more days in average week at school

^{†††} played on 1 or more sports teams in the past 12 months, either run by school or community groups

*Grade Adjusted

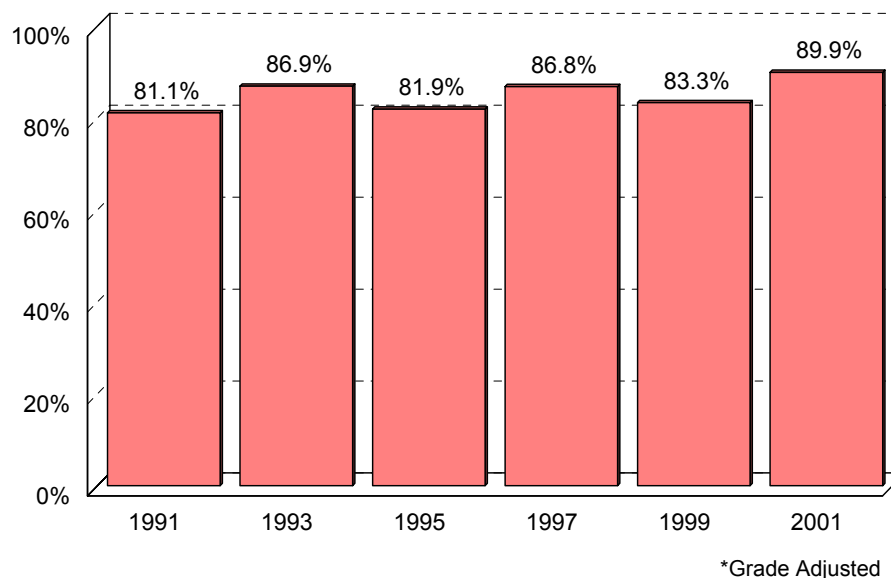
L In 2001, over one-third respondents (37.8%) reported currently enrolled in physical education class (at school). Similar proportion (35.1%) of respondents also reported attending physical education class daily in an average week.

Figure 2: Physical Education Class (at School)
High School Students



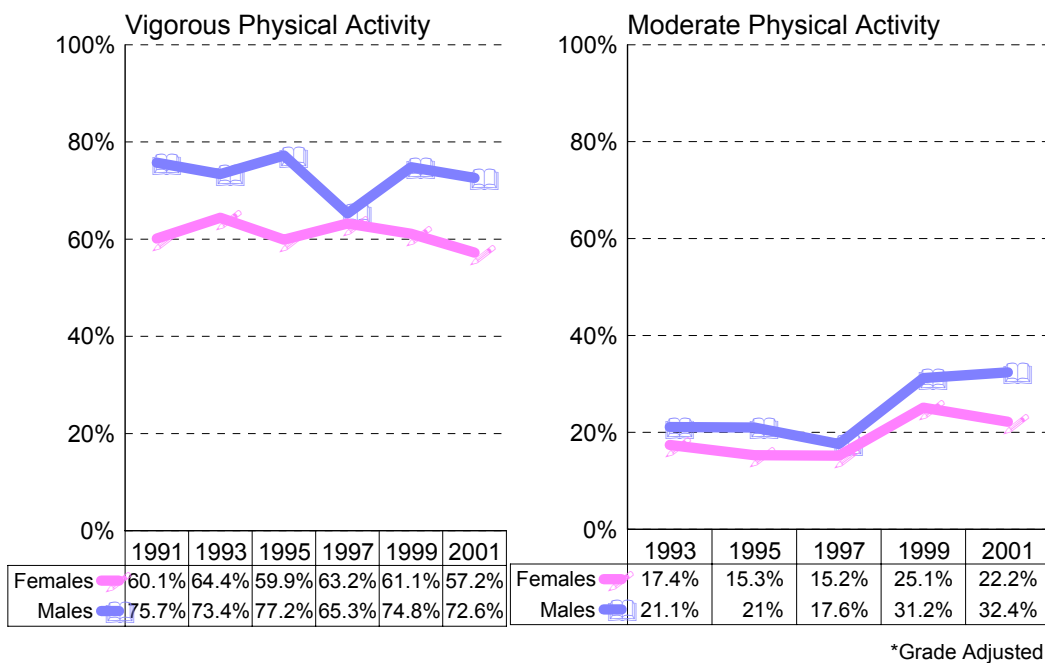
L Among teens who were enrolled in physical education class at school, the great majority (89.9% in 2001) reported that they actually exercise or play sports more than 20 minutes during an average physical education class.

**Figure 3: Exercise 21 or More Minutes
In an Average PE Class***
High School Students Currently Enrolled in School PE Class



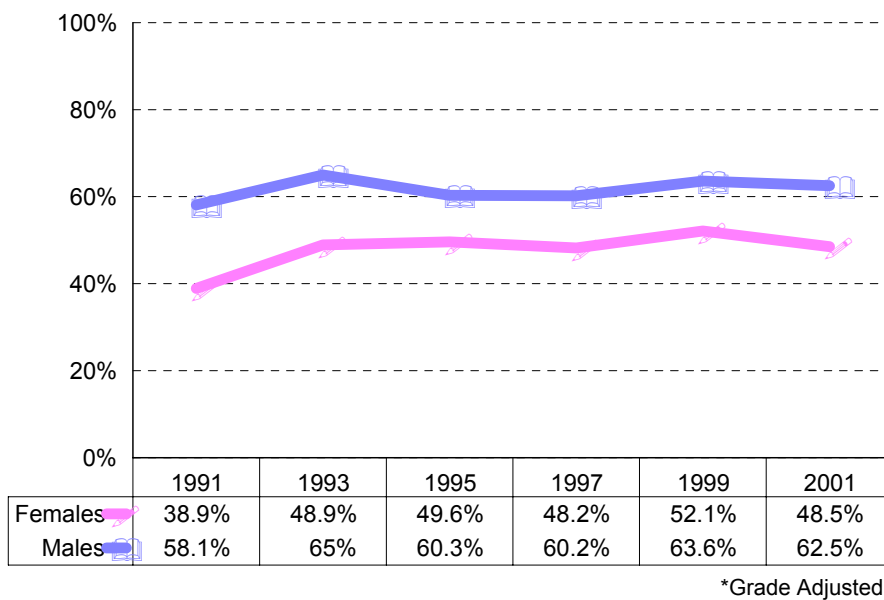
- L Male teens were approximately 1.3 times more likely than female teens to report engaging in both vigorous (20 or more minutes of exercise that causes one to sweat or breath hard) or moderate physical activity.

Figure 4: Physical Activity Level*
High School Students



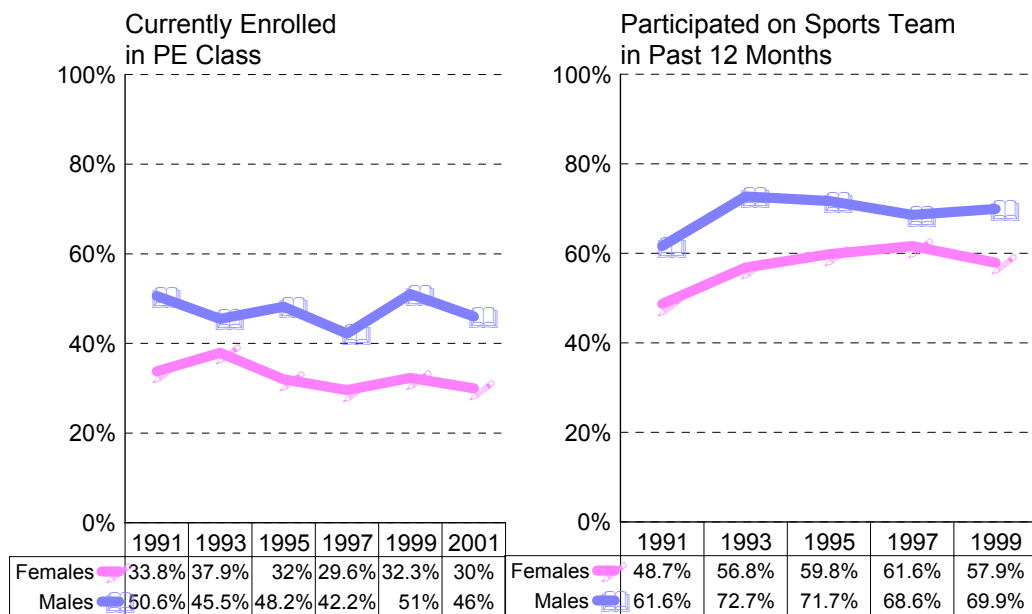
- L Males (62.5%) were also more likely to engage in exercise to strengthen or tone their muscles than females (48.5%).

Figure 5: Exercised to Strengthen Muscles*
High School Students



L Enrollment in physical education class and participation on sports team (in the month preceding the survey) were persistently higher among male teens.

Figure 6: Physical Education Class and Sports Teams*
High School Students



*Grade Adjusted

L Figure 7,8 & 9 shows various physical activity by different grades.

Figure 7: Vigorous Physical Activity by Grade
High School Students

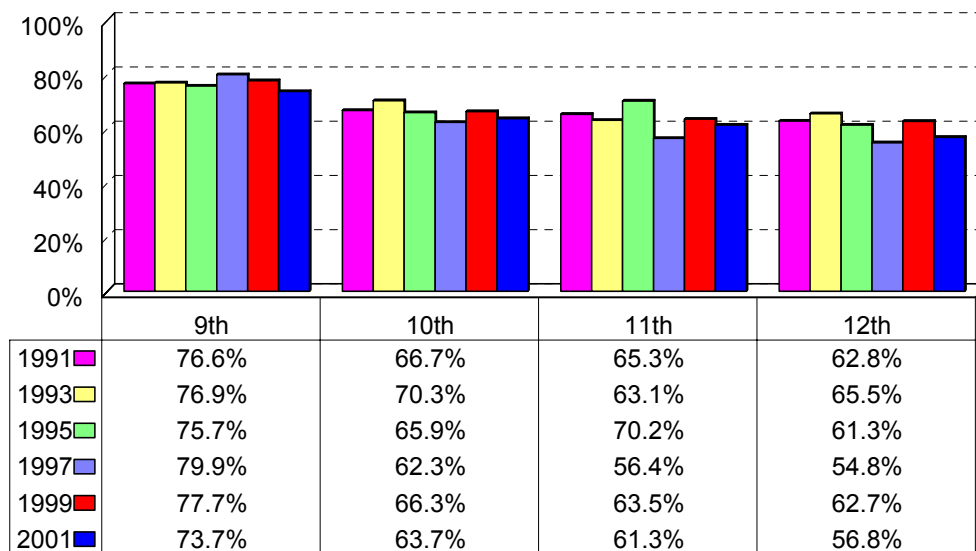


Figure 8: Moderate Physical Activity by Grade
High School Students

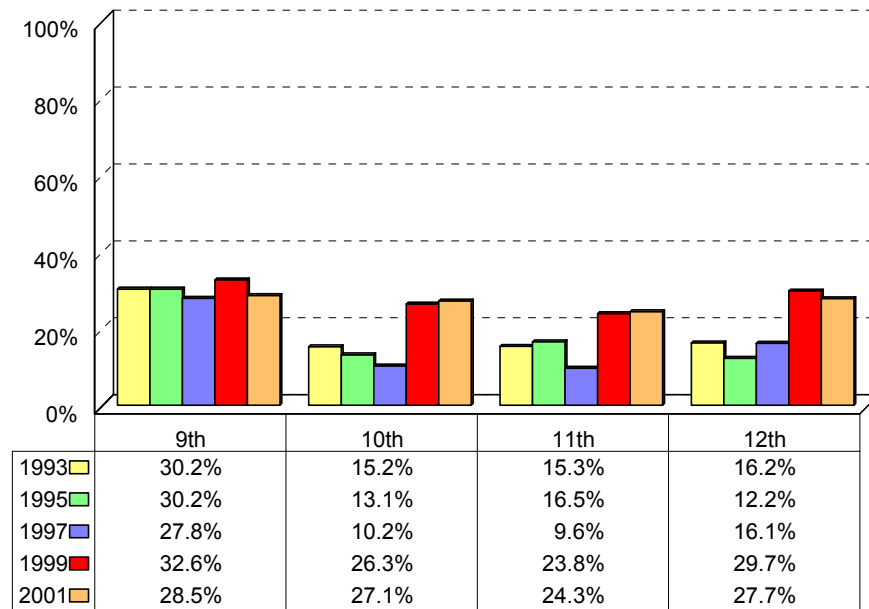
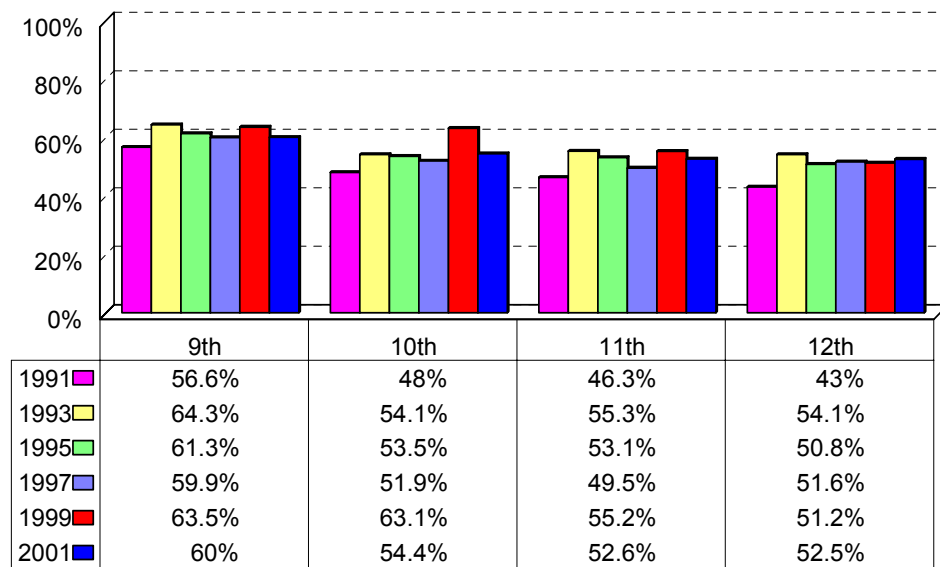
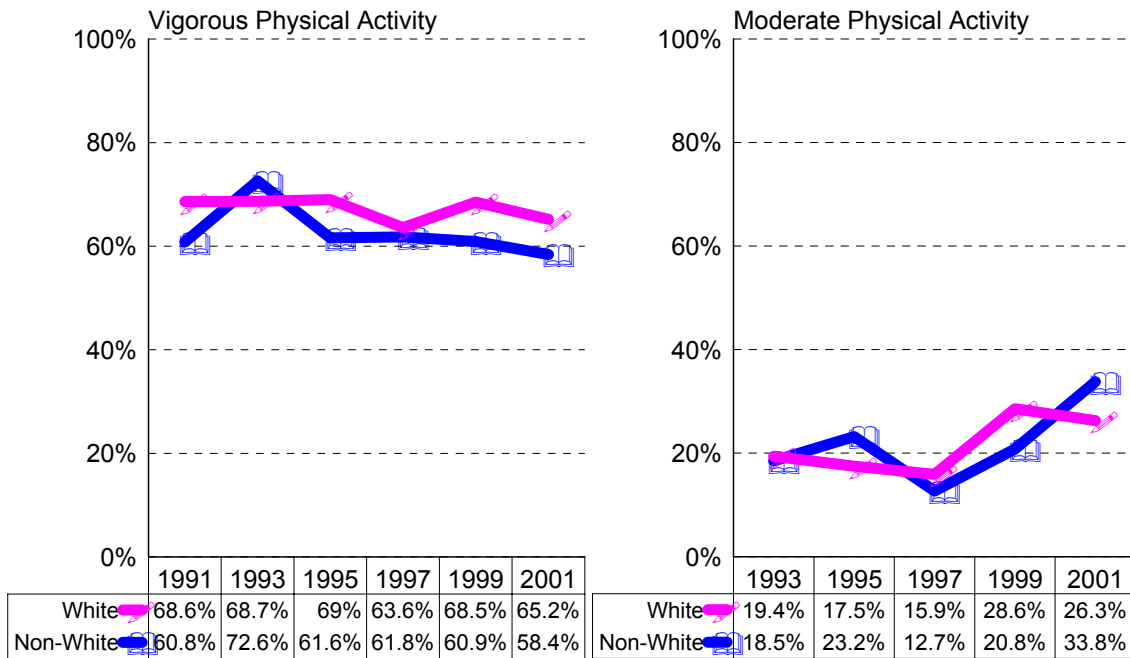


Figure 9: Strengthening Exercise by Grade
High School Students



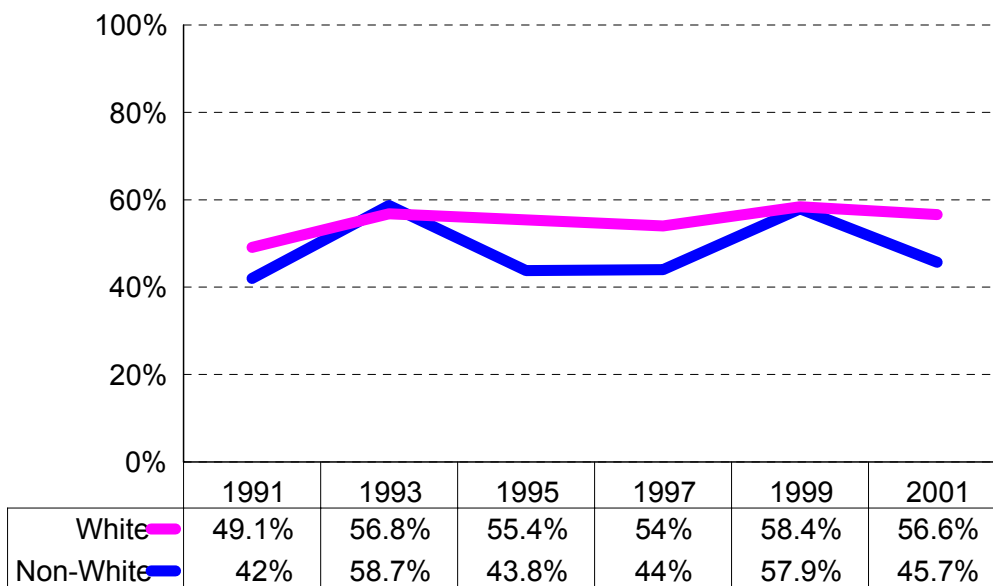
L Following two graphs shows trends and differences in physical activity level by white and non-white teens. Trend in vigorous physical activity level have not changed since 1991.

Figure 10: Physical Activity Level*
High School Students



*Grade Adjusted

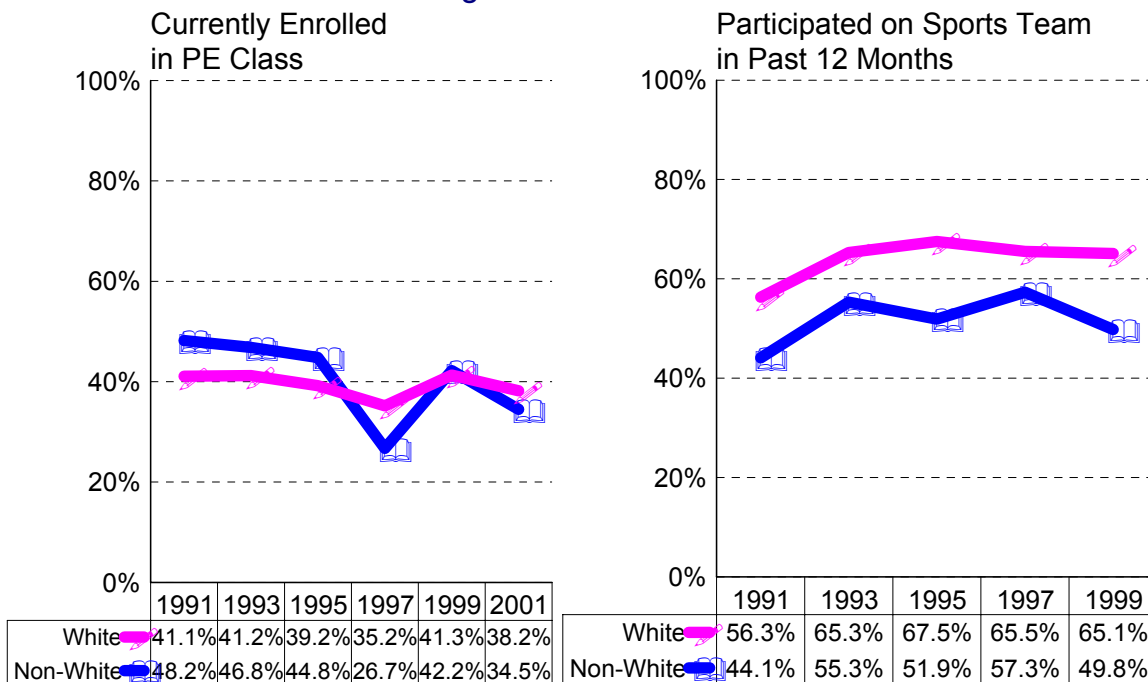
Figure 11: Exercised to Strengthen Muscles*
High School Students



*Grade Adjusted

L Enrollment in school physical education class and participation on sports team among white and non-white teens are presented in figure 12. White teens were more likely to say that they participated on sports team than non-whites in the past 12 months preceding the survey.

Figure 12: Physical Education Class and Sports Teams*
High School Students



*Grade Adjusted